# JBLM Holiday Safety

## Be Smart, Be Safe

# Top 10 Reasons To Buckle Up!

**10-My car doesn't have an ejection seat.**
**9 -Lying in a hospital for months is not a vacation.**
**8 -Steering wheels make lousy pillows.**
**7 -I never aspired to be a hood ornament.**
**6 -A wheelchair is not a hot set of wheels.**
**5 -I always wanted to fly, just not into a tree.**
**4 –I hate statistics— especially being one.**
**3 -Tombstones are not the best way to get the last word.**
**2 -I don't like the sight of blood, especially mine.**
**1 -My family needs me.**

# Please Don't Drink & Drive

The consequences

Far Out-Weigh

The Risk!

# Holiday Travel

## Plan Ahead to Avoid frustrating Travel This Holiday Season, AAA Advises

~ To make the most of this holiday season, AAA suggests planning ahead to avoid common holiday travel pitfalls. “When you take a holiday, add the threat of bad weather and throw in 25 to 35 million motorists, you get a recipe for frustration,” said Mark L. Edwards, managing director of AAA Traffic Safety. “With some advance planning, the season can be much more enjoyable.”

**Buckle Up**

During the holiday months, people travel more than ever. Wearing a seat belt may prevent injury in a motor vehicle collision. Ensure that all passengers are also wearing safety belts. Please remember to seat children in the back seat of the car and in approved safety seats.

**Designate a Driver**

When attending a party, always designate a non-drinking driver. If you are the host of a holiday gathering, be sure there are non-alcoholic beverages for guests who are driving.

## Cell phone use while driving

The safest method of calling is to dial phone numbers when stopped. Most phones allow the entry of numbers for calling at the user's convenience. Further, frequently called numbers can be stored within the phone's memory to minimize dialing while driving. Driving safely must take precedence over phoning. When on the road, you need to concentrate on driving, not on making phone calls.

## Winter driving

If you travel out of the area get your car ready for winter driving by checking it yourself, or have it checked by a qualified service mechanic. Some items to check are: battery, brakes, tires, and heater. You should make sure you are prepared for inclement weather conditions by preparing a winter travel kit with items like blanket, flashlight and batteries, shovel, windshield scraper, reflective traffic triangle and extra winter clothing.

## Driver Fatigue

Fatigue on the road can be a killer. If happens frequently on long drives, especially long night drives. Other signs of fatigue include back tension, burning eyes, shallow breathing, inattentiveness, and any kind of erratic driving, such as drifting, abnormal speed, tailgating, or failure to obey traffic signs.

# Driving Under the Influence

## Why?

Most of us can't imagine why anyone would want to take someone else's life. When we hear about a murder in the news, we can't understand why one person would choose to kill another… yet many otherwise law-abiding people routinely run the risk of committing murder without even thinking about it. By getting behind the wheel of a vehicle when they have been drinking, they run a very real risk of becoming a murderer. Why do they do it? Often for the most ridiculous of reasons…

## Poor Planning

Many people simply don't think before they drink. They drive to a party or a bar by themselves, or with other people who will be drinking, and don't make plans for how they will get home if they drink – or how they will get their vehicle home if they accept a ride home with someone else. So when the party's over, they climb behind the wheel… and all too often, the party's really over, for them and for the innocent people they kill! The answer to this problem is simple – think before you drink! If you plan to drink, or if there is even the smallest chance that you might drink, make sure you have a safe way to get yourself and your vehicle home. Arrange for a designated driver, or call a cab – you can always take another cab back to get your car when you sober up.

## Afraid to Get into Trouble

Some people are afraid to call their parents or spouse for a ride, or leave their car someplace and take a taxi home, because they are afraid they will get into trouble. This is especially true for young people, who generally don't want their parents to know that they've been drinking, because they are afraid they'll be punished.

The answer to this problem is to use common sense. If you have done something that you know your parents or spouse won't approve of, there certainly is a chance you'll be in trouble when they find out. But which is worse… the trouble you will be in with your family, or the trouble you'll be in if you kill someone on the highway? Being grounded for a month beats being grounded for the rest of your life!

## Trying to Prove Something

Some people think that if they admit they are too impaired to drive, they are somehow not "tough enough." Proving to their friends that they can "hold their liquor" means more to these people than staying alive. They are so worried about what their friends think that they take the risk of driving while impaired, rather than admit they need help to get home safely.

What's the solution? To start with, such people have to recognize that survival is more important than being tough, or trying to impress people. Secondly, they need to realize that seeing how much you can drink and stay on your feet isn't a sign of toughness… it's just a sign of stupidity. Finally,they need to look for some real friends. Anyone who will let you risk your life, and the lives of others, to prove how macho you are isn't much of a friend.

## Don’t Know Their Limit

Some people just don’t know when to say “No.” They think they are still sober and in control of their behavior; when in fact, the alcohol they have consumed has made their judgment so poor that they can no longer make sensible decisions Although they are impaired by alcohol and not able to drive safely, they choose to drive because they think they are still capable of doing so. If you choose to drink, the solution to this problem is to know when you’ve had enough. While you will hear all sorts of stories about how much alcohol you (or someone else) can handle, the facts are simple: if you drink more than one alcoholic beverage per hour, you will become impaired and unsafe to drive, alcoholic beverage is one beer, one glass of wine, one wine cooler, one mixed drink or one shot of hard liquor. Some people, such as those who are physically small or who have a low tolerance to alcohol, may not be able to drink even that much. So just saying “I’m OK… I’ve only had two beers!” doesn’t cut it… if you drink two beers in less than two hours, you aren’t safe to drive!

## Don’t Understand Alcohol

Some people believe that alcohol is a stimulant – that it makes them have more energy, or better athletic ability, or more coordination. A few people actually believe that alcohol has no effect on their driving, or that they can drive better when they’re drinking! Do those people also think that adding 50-pound weights to your feet will make you run faster?

The truth is that alcohol is a depressant, it slows down your mind, your body, and your reflexes. You will always be at a disadvantage in any task which requires coordination or quick reflexes if you have been drinking. Alcohol never makes you a better driver… it just puts part of your brain to sleep, so you don’t realize what a lousy driver you become when you start drinking.

## Don’t Understand What “Impaired” Means

Some people refer to DUI as “drunk driving.” This isn’t really true. DUI means **Driving Under** the **Influence** of alcohol or some other drug. Because most of us think of “drunk” as that point where people start to stagger and slur their speech, many people don’t realize that you don’t have to be drunk to be arrested for DUI. All you have to do is be impaired – and what “impaired” means is that you are showing any loss of coordination of ability due to alcohol or drugs. So if you’re “buzzed”, and you drive, you’re **DUI!**

# Blue Christmas

The holiday season is a prime time for emotional stress and strain. To avoid the “holiday blues” do the following:

- Set priorities to avoid being trapped by obligations
- Keep a half-hour a day for yourself. During this time relax, breathe deeply, and think positive thoughts
- Remember “don’t sweat the small stuff… it’s all small stuff”
- Learn to say “no” and don’t overload your work or social calendar
- Eat and drink in moderation and get plenty of rest

Remember the real reason for the season… it doesn’t come from presents, pretty wrapping paper or bows. It comes from the spirit.

# Christmas Tree Safety

- Secure the tree to keep it from tipping. Keep tree away from floor heaters, fireplaces, or other heat sources
- Use only UL-approved lights, and no more than 3 strands linked together
- Use miniature lights—which have cool burning bulbs
- Turn off Christmas lights when you sleep or if you leave your home for very long
- Never use candles, even on artificial trees

- A real tree should not lose green needles when you tap it on the ground
- Cut 1 inch off the trunk to help absorb water. Leave the tree outside until ready to decorate
- The stand should hold at least 1 gallon of water. A six foot tree will use 1 gallon of water every two days
- Mix a commercial preservative with the water. Check the water level every day

# Christmas Tree Safety

**Test Tree Trimmings-** When decorating with lights, be sure to purchase only those labeled by a testing laboratory. For outside decorations, use only those lights labeled for outdoor use. Don't overload electrical outlets, and always unplug all lights before leaving home or going to bed. Never put electrical lights on a metal Christmas tree.

Clean the tree stand to improve the tree's water intake, use one capful of bleach to a cup of water.

Keep Christmas Trees Fresh- Choose a fresh Christmas tree and secure it in a sturdy stand. Place away from heat sources and exits, and water it daily. If you purchase an artificial tree, be sure it is labeled fire retardant.

Dispose of the tree properly.

# Home Safety

Install a smoke detector or new batteries in the one(s) you have and TEST it.

Use only outdoor lights outside your home.

Examine light strings each year, discard worn ones.  Fasten the bulbs securely and point the sockets down to avoid moisture build up.

Never use indoor extension cords outside.  Avoid overloading wall outlets and extension cords.

Connect no more than three strands together.

Keep outdoor electrical connectors above ground and out of puddles.

Unplug light string before replacing a bulb.  Review the original package to verify proper wattage and voltage.

When connecting light strands, wrap a plastic bag around connections and tie ends with Teflon tape.

Make sure outdoor trees hung with lights are not touching power lines.

When using candles, place them in sturdy containers a safe distance from combustibles. Extinguish prior to going to bed

Dispose of fireplace ashes into a metal container until cold.  After parties, check around and under sofa and chair cushions for smoldering cigarettes.

Have an operable fire extinguisher readily available.

# Watch What You Heat!

- **Inspect Fireplaces ~** Have your chimney inspected by a professional prior to the start of every heating season and cleaned if necessary. Creosote, a chemical substance that forms when wood burns, builds up in chimneys and can cause a chimney fire if not properly cleaned. Always protect your family and home by using a sturdy screen when burning fires. Remember to burn only wood – never burn paper or pine boughs, which can float out of the chimney and ignite a neighboring home. Never use flammable liquids in a fireplace. If you are purchasing a factory built fireplace, select one listed by a testing laboratory, and have it installed according to local codes. Have your chimney checked on your fireplace at least once a year. Close the damper to keep heat from escaping when you do not use the fireplace for fires.

**Be Cautious with Portable and Space Heaters ~** Place space heaters at least three feet (one meter) away from anything combustible, including wallpaper, beddings, clothing, pets, and people. Never leave space heaters operating when you are not in the room or when you go to bed. Don't leave children or pets unattended with space heaters and be sure everyone knows that drying wet mittens or other clothing over space heaters is a fire hazard.

**Watch Your Wood Stoves ~** Be sure your wood or coal stove bears the label of a recognized testing laboratory and meets local fire codes. Follow manufacturer's recommendations for proper use and maintenance. Chimney connections and chimney flues should be inspected at the beginning of each heating season and cleaned if necessary.

Follow the same safety rules for wood stoves as you would for space heaters. Burn only wood, and be sure the wood stove is placed on an approved stove board to protect the floor from heat and hot coals. Be sure to check with your local fire department and check local codes

# Gift Ideas

## With "Safety" in mind!

***Put together a gift basket containing one or more of the following items:***

- Three smoke detectors and batteries
- A quality fire extinguisher
- Flashlight and batteries or light sticks
- First-aid kit
- Carbon Monoxide detector
- Second floor escape ladder
- “Emergency kit”: Energy bars, Water, Battery Radio, Flashlight/Light sticks, and a First-aid kit packed in a small Travel Bag

# Safe Shopping

- Avoid shopping alone.  Try to shop with a friend or relative
- Park your vehicle in a well-lighted area.  Put radar detectors and cellular telephones out of sight.
- Know your surroundings.  Keep an eye on the people in front of you as well as behind you.
- Carry your purse close to your body.  Don’t swing it loosely.  Don’t flash large amounts of cash.
- Walk with confidence.  Avoid talking to strangers.
- Approach your vehicle with your keys already in your hand.
- Try not to carry too many packages.  Place all packages out of sight in your vehicle, preferably in your trunk.
- Keep your vehicle doors locked and your windows shut.

*If you see anything suspicious or if something just doesn’t feel right, leave immediately and contact security or the police.*

# Let's Have a Party!

**Parties are not a once a year activity but more parties are given during the holiday season than any other time.**

- If you are hosting a party have some non-alcoholic beverages available for your non-drinking guests
- Have plenty of food readily available for guests to nibble on
- Ensure you have designated drivers available for guests who have “had too much to drink”
- If designated drivers are not available, have provisions available for your guest to “sleep it off”, or arrange for them to take a cab

# Have A Very Safe Christmas

And a Happy

New Year!

FromYour

**Safety Office!**

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